

Foodnity Recipes

Bang Bang Chicken Bowl

Bang Bang Chicken Bowl delivers a silky sauce, crunchy greens, and a gentle heat perfect for weeknight dining.

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American-Asian Fusion** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 2 cups cooked rice or quinoa
- [ ] 1 cup shredded carrots
- [ ] 1 cup snap peas, trimmed
- [ ] 2 green onions, sliced

For the Sauce

- [ ] 1/2 cup plain Greek yogurt
- [ ] 2 tbsp sriracha
- [ ] 1 tbsp honey
- [ ] 1 tbsp soy sauce
- [ ] 1 tbsp lime juice
- [ ] 1 tsp toasted sesame oil

Instructions

1. Season the chicken cubes with a pinch of salt and pepper.
2. Heat a skillet over medium-high, add a splash of oil, and sear the chicken until golden brown, about 4-5 minutes.
3. While the chicken rests, whisk together yogurt, sriracha, honey, soy sauce, lime juice, and sesame oil in a bowl; creamy tomato chicken can inspire the same velvety texture.
4. Add the carrots and snap peas to the pan, sauté for 2 minutes, then stir in the sauce; cook gently until the sauce thickens, about 2 minutes.
5. Serve the saucy chicken over rice or quinoa, top with green onions and a sprinkle of sesame seeds.
6. If desired, drizzle extra sauce on the side and enjoy while warm.

Nutrition per serving

420 kcal	35 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crunch, add a handful of toasted peanuts just before serving.
- Adjust sweetness by tasting the sauce; a touch more honey can mellow heat.
- A dash of fish sauce adds depth without being overpowering.